



# MILITARY & VETERANS RESOURCE GUIDE



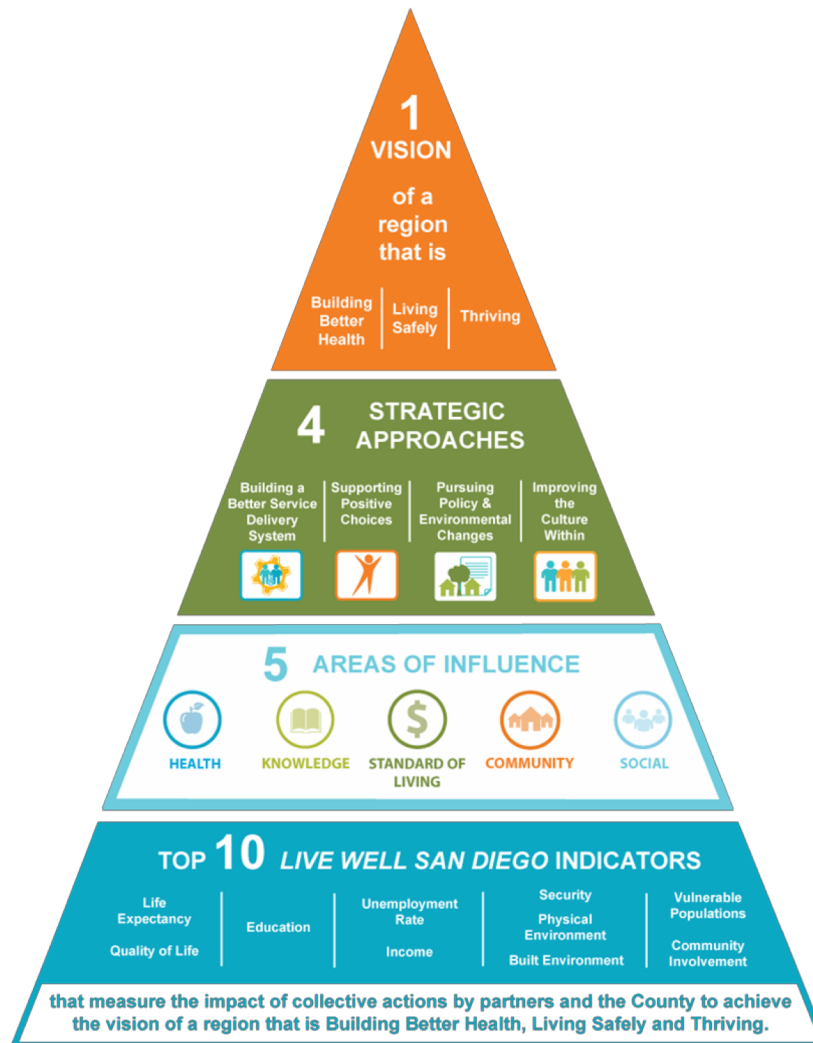
LIVE WELL  
SAN DIEGO

January 2019



# LIVE WELL SAN DIEGO

**VISION:** A region that is Building Better Health, Living Safely and Thriving –  
*Live Well San Diego*



The San Diego County Board of Supervisors adopted *Live Well San Diego* as a regional initiative in 2010. The Building Better Health component of the initiative was adopted on July 13, 2010, and is focused on improving the health of residents and supporting healthy choices. Living Safely was adopted on Oct. 9, 2012, and is aimed at protecting residents from crime and abuse, making neighborhoods safe, and supporting resilient communities. Thriving was adopted on Oct. 21, 2014, and is designed to give people a chance to grow, connect and enjoy the highest quality of life through the natural and built environment, enrichment activities and civic engagement, education and economic prosperity. *Live Well San Diego* has evolved from a 10-year initiative to become the County's vision.

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*Courage to Call*

A PROGRAM OF  
**mhs** MENTAL HEALTH SYSTEMS

Every day in San Diego County, current and former service members and their families deal with the complex maze of issues that accompanies veteran and military life. Dial 1-877-698-7838 to speak to a Courage to Call Peer Support Specialist and fellow Veteran who knows what it means to serve and who can connect you with the help you need.

# BENEFITS

## County of San Diego Office of Military & Veterans Affairs

This office assists active duty military, veterans, dependents, their survivors, and families in the Transition Assistance Program, and to obtain all the benefits they are due from federal, state and local sources. This includes VA disability claims, college fee waivers, education, in-home supportive services, emergency needs (shelter), survivor's compensation claims, non-service connected pensions, death pensions, and appeals for veterans benefits.

- Locations/Contact: [www.SanDiegoCountyVeterans.com](http://www.SanDiegoCountyVeterans.com)
    - \* 5560 Overland Ave., #310, San Diego, CA 92123 | 858-694-3222
    - \* 649 West Mission Ave., #2400, Escondido, CA 92025 | 760-740-5604
    - \* 401 Mile of Cars Way, #300, National City, CA 91950 | 619-731-3345
    - \* 1701 Mission Ave., #110, Oceanside, CA 92058 | 442-262-2701
- [www.SandiegoCountyVeterans.com](http://www.SandiegoCountyVeterans.com)

## Distinguished Veteran Pass

The County of San Diego Department of Parks and Recreation is honoring the State of California's Distinguished Veteran Pass. With this pass, veterans who qualify can enjoy the benefits of County Parks and Recreation facilities at little or no cost. As a thank you for your distinguished service, we hope you will enjoy the benefits of San Diego County Parks!

- Location: 5500 Overland Ave., San Diego, CA 92123
- Contact: 877-565-3600 | [www.sandiegocounty.gov/parks/DistinguishedVeteransPass.html](http://www.sandiegocounty.gov/parks/DistinguishedVeteransPass.html)

## Mail Ballots for Military

The County of San Diego's Registrar of Voters provides ballots by mail, fax, and email to military voters whether in San Diego, another state, or overseas.

- Location: 5600 Overland Ave., #100, San Diego, CA 92123
- Contact: 800-696-0136 | [www.sdvote.com](http://www.sdvote.com)

## Network of Care (NOC) Website

The Network of Care for service members, veterans and their families is a one-stop-shop for virtually all services, information, support, advocacy, and much more. This public service is an attempt to bring together critical information for all components of the veteran community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

- Contact: [www.sandiego.networkofcare.org/veterans](http://www.sandiego.networkofcare.org/veterans)



### Pets for Patriots

The County of San Diego Department of Animal Services offers pet adoptions at a reduced fee to members of the military community and will assist them in selecting their new best friend!

- Locations:
  - \* 5480 Gaines St., San Diego, CA 92110
  - \* 5821 Sweetwater Rd., Bonita, CA 91902
  - \* 2481 Palomar Airport Rd., Carlsbad, CA 92011
- Contact: 619-767-2675 | [www.petsforpatriots.org](http://www.petsforpatriots.org)



### Public Administrator—The Dignity Memorial Program

The Public Administrator serves as the County's Indigent Burial Officer. The Indigent Burial Program pays for the disposition of bodies of deceased County residents whose estate cannot provide for a burial.

To qualify for Indigent Burial, the deceased must meet the following criteria:

1. They have no estate from which to pay the cost of a funeral.
  2. They have no family who can afford providing the service.
  3. They are not eligible for burial assistance from the Social Security Administration or Veterans Administration.
- Location: 5560 Overland Ave., #130, San Diego, CA 92123
  - Contact: 858-694-3500

### VA Stand Down

Conducted for roughly one week each summer and sponsored by Veterans Village of San Diego, Stand Down provides services to homeless veterans such as food, shelter, clothing, health screenings, VA and Social Security benefits counseling, and referrals to a variety of other necessary services, such as housing, employment and substance abuse treatment.

- Location: 4141 Pacific Hwy., San Diego, CA 92110
- Contact: [info@vvsd.net](mailto:info@vvsd.net) | [www.vvsd.net](http://www.vvsd.net)

# EDUCATION

## County of San Diego

**Office of Military & Veterans Affairs** You or your dependents may be entitled to one or more of the following educational benefits:

- \* Post 9/11 GI Bill
  - \* Montgomery GI Bill
  - \* Vocational Rehabilitation
  - \* Reserve Educational Assistance
  - \* Dependents Educational Assistance
  - \* Dependents College Tuition Fee Waiver
  - \* Non-Resident College Fee Waiver
- Locations:
    - \* 5560 Overland Ave., #310, San Diego, CA 92123 858-694-3222
    - \* 649 West Mission Ave., #2400, Escondido, CA 92025 760-740-5604
    - \* 401 Mile of Cars Way, #300, National City, CA 91950 619-731-3345
    - \* 1701 Mission Ave., #110, Oceanside, CA 92058 | 442-262-2701



# EMPLOYMENT

## Business License, Tax and Fee Waiver

The Business License, Tax, and Fee Waiver benefit waives municipal, county and state business license fees, taxes and fees for veterans who hawk, peddle or vend any goods, wares or merchandise owned by the veteran.

- Location: 1200 Third Ave., San Diego, CA 92101
- Contact: 619-236-6112 | [www.sandiego.gov/treasurer](http://www.sandiego.gov/treasurer)

## Hiring Our Heroes—County of San Diego

The County of San Diego is committed to honoring veterans and their service. The Department of Human Resources aims to provide veterans with the resources and tools necessary to maximize their employment opportunities, and to assist veterans with their transition into civilian life by applying the valuable skills, knowledge and training acquired in service to positions and career paths available within the County of San Diego.

- Contact: 619-236-2191 | [www.sandiegocounty.gov/content/sdc/hr/VeteransResources.html](http://www.sandiegocounty.gov/content/sdc/hr/VeteransResources.html)

***“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”***

**—Colin Powell**

# FAMILY/CAREGIVER SUPPORT

## Child Welfare Services (CWS) Military Liaison

CWS Regional Military Liaisons coordinate and consult with military family advocacy programs. Liaison activities include participating in case planning for military families with CWS involvement; coordinating services and treatment plans; providing mandated child abuse reporting training to military personnel and child development staff; and providing referrals and support services to families in crisis or at risk of entering the Juvenile Court system. Military liaisons also provide support on active CWS family reunification cases.

- Location: Child Welfare Services - Serves military families countywide
- Contact: CWS Military Liaisons Program Manager 858-694-5742

## Courage to Call

“By Veterans for Veterans,” Courage to Call is a veteran-run, peer-to-peer support program offered through Mental Health Systems, Inc., in collaboration with 2-1-1 and Veterans Village of San Diego. Services are offered at no cost to active and former military members, their families and loved ones. Services include support to reduce stress and improve overall mental health, employment services, veteran transition services, referrals for a variety of services and resource, and community outreach.

- Contact: Dial 1-877-698-7838 (24 hour access)
- Program Manager: 858-636-3604
- [www.courage2call.org](http://www.courage2call.org)



## Legacy Corps Program

Legacy Corps members provide free respite services in San Diego County to family members providing care for veterans of any age. If you are a family caregiver, you may request scheduled respite visits from a Legacy Corps member. An assessment will be performed prior to assigning a volunteer. The program is designed to help relieve the stress and burden for caregivers in military families.

- Contact: 858-505-6305 | [www.lcsandiego.org](http://www.lcsandiego.org)

# HEALTHCARE

## Health & Human Services Agency's Public Health Services

Regional Public Health Services clinics offer the following services:

- \* Child Health and Youth Clinic
  - \* HIV Testing
  - \* Immunization Clinic
  - \* Pregnancy Testing
  - \* Public Health Nursing
  - \* Sexually Transmitted Disease Clinic
  - \* Tuberculosis Testing and Treatment
  - \* Referrals to Community Resources
- Contact:
    - \* Central Region | 619-229-5400
    - \* East Region | 619-441-6500
    - \* North Central Region | 858-573-7300
    - \* North Coastal Region | 760-967-4401
    - \* North Inland Region | 760-740-4000
    - \* South Region | 619-409-3110

## It's Up to Us—Resources for Military

From active duty members to retirees, reservists to Department of Defense (DOD) and family members, anyone can face depression, anxiety, post traumatic distress and other mental health challenges - and be reluctant to seek help. Recovery is possible, and getting help is an important first step to an active and healthy future. The website provides a variety of supportive stigma reduction and mental health resources, as well as offers Live Chat.





*“The County of San Diego Office of Military and Veterans Affairs wants veterans to know they still belong to a unit that will not leave their side. The mission of this office remains the same: To get veterans the benefits they have earned.”*

**Wilfred Quintong**

**Military and Veterans Affairs  
Officer**

**County of San Diego**

### **North Coastal Public Health Center Camp Pendleton Support**

Public Health Nurses are available to visit pregnant military families to provide support services on Marine Corps Base Camp Pendleton.

- Location: 104 South Barnes St., Oceanside, CA 92054
- Contact: 760-967-4401

### **San Diego Veterans Independence Services at any Age (SD-VISA)**

SD-VISA is a Veterans Directed Home and Community-based Services (VD-HCBS) program. The program provides veterans of all ages the opportunity to receive participant-directed home and community based services, enabling them to avoid nursing home placement and to continue to live in their homes and communities. Under the VD-HCBS program, the VA Medical Center refers eligible veterans to the program which, through Options Counseling, will assist them to manage a flexible budget, decide for themselves what mix of services will best meet their personal care needs, hire their own personal care aides, including family or neighbors, and purchase items or services in order to live independently in the community. Interested veterans should contact their primary care physician for a referral.

- Location: 5500 Overland Ave., #410, San Diego, CA 92123
- Contact: 858-495-5442

# HOUSING

## Disabled Veterans Exemption

Property tax exemption for veterans with 100% service related disabilities, or to spouses upon the death of their active duty or veteran spouse.

- **Location:** County Administration Center  
1600 Pacific Hwy. #103, San Diego, CA 92101
- **Contact:** 619-531-5773 | [arc.fgg@sdcounty.ca.gov](mailto:arc.fgg@sdcounty.ca.gov)

## Homebuyer Assistance

Offers low-interest deferred payment loans of up to \$70,000 or 33% of the purchase price, whichever is less for the low-income, first-time homebuyers. The Down Payment and Closing Costs Assistance (DCCA) program imposes a maximum purchase price for a home of \$390,000 for a single-family detached residence, or a new condominium/ townhome purchase. The home may be a single-family home, a condominium, or a townhouse. First-time home buyers must earn less than 80% of the San Diego Area Median Income (AMI) for DCCA. The DCCA program is available in the San Diego Urban County, which includes the unincorporated area and the cities of Coronado, Del Mar, Imperial Beach, Poway, Lemon Grove, and Solana Beach.

## Home/Mobile Home Repair Loan and Grant Program

Provides loans or grants for the repair of owner occupied single-family homes or mobile homes. Grants of up to \$12,000 are available to low-income mobile home homeowners to make necessary repairs and/or ADA improvements to their mobile homes. Deferred loans up to \$25,000 are available to eligible single-family home owner occupants and do not require monthly payments. Loan/Grant amount is determined by cost of repairs and are approved by a loan committee. The Home/Mobile Home Repair Loan and Grant Program is available in the San Diego Urban County, which includes the unincorporated area and the cities of Coronado, Del Mar, Imperial Beach, Poway, Lemon Grove, and Solana Beach.

## Veterans Affairs Supportive Housing (VASH)

The Department of Housing and Urban Development – VA Supportive Housing (HUD-VASH) Program is a joint effort between HUD and the VA to move veterans and their families out of homelessness and into permanent housing. Veterans are referred to the program through the VA. Once referred, the program provides rental assistance to qualified homeless veterans in partnership with the County of San Diego Housing & Community Development (HCD).

- **Location:** County of San Diego Housing & Community Development Services 3989 Ruffin Road, San Diego, CA 92123
- **Contact:** 858-694-4801 • 877-4AID-VET-SDHCD.ORG | [www1.va.gov/homeless/housing.asp](http://www1.va.gov/homeless/housing.asp)



# LEGAL SUPPORT

## Child Support Outreach

Child Support Services staff visit local jails monthly to change the monthly child support amount for incarcerated veterans, decrease the non-custodial parents' debt and increase the veteran's chance of becoming self-sufficient upon release. Staff also conduct monthly visits to the Mission Valley VA to provide case management assistance.

- Location: 220 West Broadway, San Diego, CA 92101
- Contact: 760-740-5624 | [www.sandiegochildsupport.org](http://www.sandiegochildsupport.org)

## Homeless Court Program (HCP) - Public Defender's Office

Homeless Court, with assistance from local service agencies, helps veterans with outstanding warrants and misdemeanor charges to address the legal barriers that deny homeless veterans employment and housing opportunities.

- Contact: 619-338-4884 | [HomelessCourtProgram@gmail.com](mailto:HomelessCourtProgram@gmail.com) | [www.homelesscourtprogram.com](http://www.homelesscourtprogram.com)

## San Diego Veterans Treatment Court

Veterans Court provides eligible veterans who have misdemeanor and felony convictions treatment designed especially for veterans through a collaboration between the County of San Diego's District Attorney's Office, the Superior Court, Department of Public Defender (including Defense Bar), treatment providers. To participate, veterans must be able to show some type of mental health issue related to their service.

- Contact: [publicaffairs@sdcda.org](mailto:publicaffairs@sdcda.org)

## Veterans Empowerment Program

The Veterans Empowerment Program promotes a seamless transition for veterans returning from service or incarceration to a life of stability. AmeriCorps VISTA (Volunteers in Service to America) members connect veterans and military families to physical and mental health services, social services, housing, financial literacy, and employment resources through education or vocational training. The goal is to prevent crime and criminal behavior and create a pathway out of poverty to sustainable living.

- Contact: 619-531-3567

## Veterans Moving Forward

The Veterans Moving Forward program provides incarcerated veterans, on a voluntary basis, access to programs, services and community resources to reduce the rate of reincarceration and promote responsibility and accountability. Participants can expect significant involvement from Correctional Counselors, VA Social Workers, and Sheriff's sworn staff in the day-to-day operation of the module and programs to facilitate participant goals.

- Contact: 619-258-2810

# FAMILY RESOURCE CENTERS (FRCs)

The Health and Human Services Agency (HHSA) has Family Resource Centers to serve various needs at locations throughout the County. Services vary per location and may include:

- \* *CalWORKs*
- \* *CalFresh (Food Stamps)*
- \* *Cash Assistance Program for Immigrants*
- \* *Community Action Partnership*
- \* *Direct Deposit - EBT (Electronic Benefit Transfer)*
- \* *Domestic Violence Safety Plan*
- \* *Medi-Cal*
- \* *Welfare to Work*

## Centre City Family Resource Center

- Location: 1255 Imperial Ave., San Diego, CA 92101 | Contact: 866-262-9881

## El Cajon Family Resource Center

- Location: 220 South 1st St., El Cajon, CA 92019 | Contact: 866-262-9881

## Lemon Grove Family Resource Center

- Location: 7065 Broadway, Lemon Grove, CA 91945 | Contact: 866-262-9881

## Metro Family Resource Center

- Location: 1130 10th Ave., San Diego, CA 92101 | Contact: 866-262-9881

## North Central Family Resource Center

- Location: 5055 Ruffin Rd., San Diego, CA 92123 | Contact: 866-262-9881

## North Coastal Family Resource Center

- Location: 1315 Union Plaza Ct., Oceanside, CA 92054 | Contact: 866-262-9881

## North Inland Family Resource Center

- Location: 649 West Mission Ave., Escondido, CA 92025 | Contact: 866-262-9881

## Northeast Family Resource Center

- Location: 5001 73rd St., San Diego, CA 92115 | Contact: 866-262-9881

## South Region Family Resource Center

- Location: 690 Oxford St., Chula Vista, CA 91911 | Contact: 866-262-9881

## Southeast Family Resource Center

- Location: 4588 Market St., San Diego CA 92102 | Contact: 866-262-9881

# SAN DIEGO COUNTY LIBRARY *Veteran Services*

## San Diego County Library Programs/Lectures for Veterans

County libraries provide information regarding services for active military, veterans and their families. They also provide special topics such as stress management, health and nutrition, and other life skills.

- Contact: [www.sdcl.org/branch-calendars.html](http://www.sdcl.org/branch-calendars.html)

## San Diego County Library Veterans' Resources Page

County libraries have a veterans resource page with links to information and resources that include special topics such as transition to civilian life, benefits, money assistance, jobs, government, organizations, and recognition.

- Contact: [www.sdcl.org/veterans-resources.html](http://www.sdcl.org/veterans-resources.html)

### SAN DIEGO COUNTY LIBRARIES WITH VETERAN SERVICES

El Cajon Branch  
201 East Douglas; El Cajon, CA 92020  
619-588-3718 | Walk-ins the 2<sup>nd</sup> & 4<sup>th</sup> Monday of  
the month | 9:30am-3pm

Julian Branch  
1850 Highway 78; Julian, CA 92036  
760-765-0370 | Thursdays via **VET CONNECT**  
Call 858-694-3222 for an appointment

Pine Valley Branch  
28804 Old Highway 80  
Pine Valley, CA 91962  
619-473-8022 | Walk-ins the 3<sup>rd</sup> Thursday of  
the month | 9:30am-2:30 pm

Ramona Branch  
1275 Main St., Ramona, CA 92065  
760-788-5270 | Walk-ins the 4<sup>th</sup> Wednesday of  
the month | 9:30am-3pm

Rancho San Diego Branch  
11555 Via Rancho San Diego El  
Cajon, CA 92019  
619-660-5370 | Walk-ins the 2<sup>nd</sup> Thursday of  
the month | 9:30am-3pm

Alpine Library  
1752 Alpine Blvd., Alpine, CA 91901-2105 619-  
445-4221 | Thursdays via **VET CONNECT** Call  
858-694-3222 for an appointment

Poway Library  
13137 Poway Rd.; Poway, A 92064  
858-513-2900  
Wednesdays via **VET CONNECT**  
Call 858-694-3222 for an appointment

San Diego Central Library  
330 Park Blvd.; San Diego, CA 92101 619-  
236-5800 | Walk-ins the 3<sup>rd</sup> Tuesday of  
the month | 1:00pm-4pm

**VET CONNECT** is a service that allows veterans to visit face-to-face with a veterans services representative via video conferencing to access services and complete paperwork without having to travel to the Military & Veterans Affairs Office in person.

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- Contact: [www.sdcl.org/veterans-resources.html](http://www.sdcl.org/veterans-resources.html)

### SAN DIEGO COUNTY LIBRARIES WITH VETERAN SERVICES

Chula Vista Public Library

365 F Street

Chula Vista, CA 91910—619-691-5069

Walk-ins 3<sup>rd</sup> Wednesday of the month | 10:00am-3:00 pm

Borrego Springs Branch Library

2580 Country Club Road

Borrego Springs, CA 92004 – 760-767-5761

Wednesday appointments 9:30am –3:00pm call 858-694 3222 via **VET CONNECT**

Imperial Beach Branch

810 Imperial Beach Blvd.

Imperial Beach, CA 91932—619-424-6981

Wednesday appointments 9:30am -12:30pm call 858-694 3222 via **VET CONNECT**

Valley Center Branch

29200 Code Grade Rd.

Valley Center, CA 92082—760-749-1305

Thursday appointments 10am –4pm call 858-694 3222 via **VET CONNECT**

**VET CONNECT** is a service that allows veterans to visit face-to-face with a veterans services representative via video conferencing to access services and complete paperwork without having to travel to the Military & Veterans Affairs Office in person.

# REGIONAL Collaboration

*Regional collaboration serves the needs of San Diego County Veterans and their families by strengthening and improving coordination and cooperation among community providers while providing the tools to be self-sufficient and to excel. Focusing the region's collective actions creates a greater impact.*

## One VA

The One VA Community Advocacy Board exists to share information, promote community engagement with the VA, and give feedback and advice regarding significant issues and initiatives. The One VA Community Advocacy Board (CAB) is comprised of key community stakeholders and directors from the local VA offices (Veterans Health Administration, Veterans Benefits Administration and National Cemetery Administration).

Once a month, 30 to 40 members representing each entity meet at the San Diego VA Medical Center to discuss various policies, personnel, and program changes. Please visit [www.sandiego.va.gov](http://www.sandiego.va.gov) for more information.

## San Diego County Military and Veterans Advisory Council

The Board of Supervisors of the County of San Diego declared that it is the policy of the County to take the leadership role in identifying and addressing the needs of military veterans. In order to fulfill the tasks related to this policy, the Board established a San Diego County Veterans Advisory Council. The Council functions as an independent body in carrying out its duties and responsibilities, reporting directly to the Board of Supervisors as well as the Chief Administrative Officer.

The San Diego County Veterans Advisory Council meets the second Saturday of each month at 9:30am. The meeting location varies. Please call 858-694-3211 for more information.

**San Diego Military Family Collaborative** The San Diego Military Family Collaborative (SDMFC) provides an inclusive forum to maximize the collective impact of community resources to enhance military family life. The SDMFC provides one coordinated place where military families can find resources and stay strong, healthy, and connected.

Please visit <http://sdmilitaryfamily.org> for more information.



### **San Diego Veterans Coalition (SDVC)**

The mission of the SDVC is to improve the support of veterans in the San Diego Region by: inspiring and encouraging collaboration and cooperation among service providers and veteran service organizations; advocating on behalf of veterans, their families and significant others for better integration of services; improving communication between veterans and providers to disseminate information and determine needs; and providing guidance and leadership to effect local changes and serve as a model for other communities to emulate. SDVC General Body Meetings are held the 1st Friday of the month from 8:30am-10:00am at various locations across the County of San Diego, please contact SDVC for more details, [www.sdvetscoalition.org](http://www.sdvetscoalition.org).

### **United Veterans Council (UVC)**

The United Veterans Council works to improve conditions for veterans and their families in San Diego County by:

- \* Communicating veterans information, requirements and requests
- \* Promote veterans issues regionally, in California, and nationally
- \* Linking with prominent civic entities to gain support for the veterans agenda
- \* Leading action to effect change in support of veterans and their families

The meetings are held on the fourth Saturday of the month at the Veterans Museum and Memorial Center, located at 2115 Park Blvd., San Diego, CA 92101. Contact requests and inquiries may be sent to [UVCNews@gmail.com](mailto:UVCNews@gmail.com).

### **Veterans Association of North County (VANC)**

Created by a group of dedicated veterans, VANC is dedicated to empowering other veterans, members of the military, and their families by providing needed support and resources including assistance with jobs, education, finances, health, wellness, and family issues. VANC meets the first Monday of every month at noon at 1617 Mission Avenue; Oceanside, CA 92058. Please call 760-722-1277 for more information or visit [www.vancnorthcounty.org](http://www.vancnorthcounty.org).

### **Vets' Community Connections (VCC)**

Vets' Community Connections is a community-based initiative to involve a great number of individuals in veteran reintegration efforts. It provides individuals who want to do more than say "thanks for your service" the channel to use their own professional experience and expertise to respond to veteran and military family relocation and reintegration questions in a wide variety of fields: education, health, business, recreation, arts, community service and a host of other areas which collectively make up the communities in which we live.

For more information please visit: [www.vetscommunityconnections.org](http://www.vetscommunityconnections.org) or call 2-1-1.

**COUNTY OF SAN DIEGO**  
**OFFICE OF MILITARY & VETERANS AFFAIRS LOCATIONS**

Office of Military & Veterans Affairs—County Operations Center 5560  
Overland Ave., #310, San Diego, CA 92123  
Office: 858-694-3222 | Mon-Fri 8am-5pm

Office of Military & Veterans Affairs—North Inland Live Well Center 649  
W. Mission Ave., #2400, Escondido, CA 92025  
Office: 760-740-5572 or 760-740-5573 | Mon-Fri 8am-5pm

Office of Military & Veterans Affairs - South Region Live Well Center  
401 Mile of Cars Way; San Diego, CA 91950  
Office: 619-731-3345 | Mon-Fri 8am-5pm

Office of Military & Veterans Affairs - North Coastal Live Well Health Center 1701  
Mission Ave., #110, Oceanside, CA 92058  
Office: 442-262-2701 | Mon-Fri 8am-5pm

Chula Vista Vet Center (Bonita)  
180 Otay Lakes Rd., #108, Bonita, CA 91902  
Clinic: 877-618-6534 | Mon-Fri 8am-4pm

Foundation for Senior Care  
135 South Mission Rd., Fallbrook, CA 92028  
Appointments: 760-723-7570 | 2<sup>nd</sup> & 4<sup>th</sup> Friday of every month

La Mesa Adult Center  
8450 La Mesa Blvd., La Mesa, CA 91942 Office:  
619-504-6432 or 858-527-5822 | Fri 9am-3pm

Mission Valley VA Regional Office  
8810 Rio San Diego Dr. Ste. 1154., San Diego, CA 92108  
Appointments: 858-694-3222 | Thurs-Fri 8 am—3 pm

Oceanside VA Clinic  
1300 Rancho De Oro #138, Oceanside, CA 92056  
Appointments: 760-643-2049 | Mon-Fri

VA Medical Center, La Jolla  
3350 La Jolla Village Dr., #1596, San Diego, CA 92161  
Office: 858-552-8585 ext 1813 | Wed 8am-3pm



## COUNTY OF SAN DIEGO MILITARY & VETERANS RESOURCE CENTER

### North Inland Live Well Center

649 West Mission Ave. #2400  
Escondido, CA 92025 • 760-740-5604

### South Region Live Well Center

401 Mile of Cars Way #300

National City, CA 91950 • 619-731-3345

### North Coastal Live Well Health Center

1701 Mission Ave., #110,  
Oceanside, CA 92058 • 442-262-2701



### Courage to Call—Mental Health Systems

Veterans serving veterans program that provides resources, referrals, and guidance to veterans, active military, guard and reserve and their families.

1-877-698-7838

### Goodwill

Provide employment and training opportunities to people with disabilities and other barriers to employment.

619- 225-2200

### Interfaith

Assists veterans in need to acquire and maintain stable employment training and placement.

760-546-8616

### California Veterans Legal Task Force

Helps veterans upgrade discharge and apply for social security benefits.

760-740-5557

### National Association for Black Veterans

Addresses unmet needs of minority and economically disadvantaged veterans.

760-740-5556

### VEtality Corp

Providing employment opportunities and holistic wellness therapies.

619-202-7522; [contact@vetalitycorp.com](mailto:contact@vetalitycorp.com)

### Palomar College Outreach Specialist

Assisting veterans and their families with G.I. Bill education benefits. 760-740-5574

### PATH

Mission is to end homeless for individuals, families, and communities.

619-810-8611

### Reboot Workshop

Assists with successful transition to civilian life.

760-740-5587

### Southern Caregiver Resource Center

Assists spouses, families, and friends of service members and veterans work through the challenges of caregiving. Together with our specialty trained coaches, we will help you identify, manage and cope with struggles related to post traumatic stress traumatic brain injury, and physical disability

858 268-4432

### San Diego Financial Literacy Center

Boosts for our Heroes is a financial education program benefiting military members and their families who are experiencing a financial hardship by providing workshops, outreach efforts, and one-on-one coaching. Through financial literacy, we empower women and men serving in our Armed Forces and help them become financially stable.

858-810-7007—760-740-5582

### The Elizabeth Hospice

Ensures that veterans have access to quality end-of-life care.

800-797-2050

### Us4Warriors

Promotes the social welfare of the veterans' community; sponsor/participate in activities of patriotic nature; conduct public programs and events for educational and charitable purposes to support troops, veterans and their families.

888-444-1415

### Veterans Village of San Diego

Provides reemployment and housing assistance to eligible veterans.

760-740-5558—760-740-5570

### Blue Star Families

Connect our military families to the communities in which they live, allowing our families to thrive while they serve. We provide connection to local neighborhoods through book clubs, park events, museum programs, caregiver support and career support.

760-575-4848



### Vets' Community Connections

Vet's Community Connections serves to network veterans, military, their families to the greater San Diego Community. VCC connect these Military connected individuals to community resources, made up of local residents experts, organizations and companies who provide information, services and discounts.

1-844-VET-CONX

### Support the Enlisted Project

Provides emergency financial and transition assistance grants.. 760-740-5583

858-695-6810





**LIVE WELL**  
**SAN DIEGO**

## San Diego County Board of Supervisors

Greg Cox, District 1  
Dianne Jacob, District 2  
Kristin Gaspar, District 3  
Nathan Fletcher, District 4  
Jim Desmond, District 5

Chief Administrative Officer  
Helen N. Robbins-Meyer

Director, Health & Human Services Agency  
Nick Macchione

Director, Office of Military & Veterans Affairs  
Wilfred Quintong

### County of San Diego Office of Military & Veterans Affairs

**County Operations  
Center**

5560 Overland Ave.,  
Suite No. 310 San  
Diego, CA 92123  
**858-694-3222**

**North Inland Live  
Well Center**

649 W. Mission Ave.  
Suite No. 2400  
Escondido, CA 92025  
**760-740-5604**

**South Region Live  
Well Center**

401 Mile of Cars Way,  
Suite No. 300  
National City, CA 1950  
**619-731-3345**

**North Coastal Live Well  
Health Center**

1701 Mission Ave.  
Suite No. 110  
Oceanside, CA 92058  
**442-262-2701**